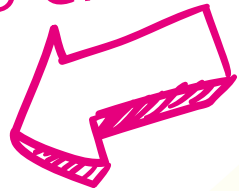


# Be your own Breast Bud

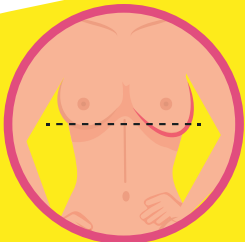
**Get into the habit of checking your breasts and chest once a month.**

HERE'S HOW  
TO CHECK

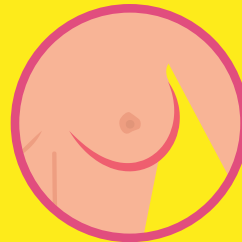


1. Put one hand behind your head.
2. With your other hand, use the pads of your fingers to examine your breast and chest area in circular movements.
3. Walk your fingers around your breast and chest area, checking all areas including your armpit and up to your collarbone.
4. First feel lightly and then deeper.
5. Repeat all stages for the other side.

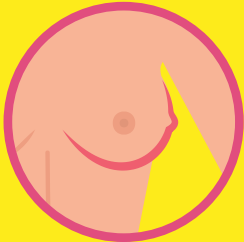
## What to look out for



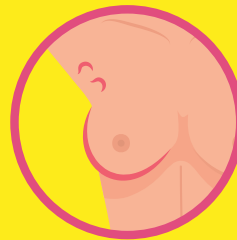
Change in size or shape.



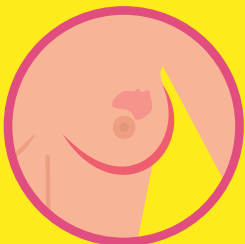
Nipple changes such as turning in, or a change in position and shape.



A lump or thickening that feels different from other breast tissue.



A swelling in your armpit or constant pain in either breast or under your arm.



Redness, rash or change in skin texture such as dimpling or puckering.



Discharge from the nipple

**Get to know your breasts so you know what is normal for you.**

**If you find anything you're worried about, tell your doctor and get it checked out.**